

# THE NATUROPATH AND HERALD OF HEALTH

WITH WHICH ARE CONSOLIDATED

THE AMERIKANISCHE KNEIPPBLÄTTER (1896-1901) THE LIBERATOR OF MEDICAL THOUGHT (1902-1908)

THE KNEIPP WATER CURE MONTHLY (1900-1901) THE PHRENOLOGICAL JOURNAL (1838-1910)

THE GERMAN AND ENGLISH EDITIONS OF THE NATUROPATH (1902-1907)

BENEDICT LUST, EDITOR AND PROPRIETOR, NEW YORK, U. S. A.

OFFICIAL ORGAN OF THE NATUROPATHIC SOCIETY OF AMERICA AND SEVERAL  
OF THE LEADING SOCIETIES FOR NATURE CURE, DRUGLESS HEALING, ANTI-  
VACCINATION AND ANTI-VIVISECTION, VEGETARIANISM, AND MEDICAL FREEDOM

VOL. XVIII. No. 4

APRIL, 1913

WHOLE No. 234

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**ADDRESS** can be changed at any time by sending old as well as new address.

**ADVERTISING RATES** upon request.

## PATHIC PHYSICIANS OF CALIFORNIA

Following is a digest of a memorial addressed by the Association of Naturopathic Physicians of California to the people of California, Governor Johnson, and members of the Assembly and Senate:

This association, legalized under Senate Bill No. 26, in February, 1909, is the only school of healing recognized by the state of California that is not represented on the State Board of Medical Examiners, which now consists of allopaths, homeopaths, eclectics and osteopaths. This is taxation without representation. We ask, as simple justice, the placing of two representatives of our school on the board.

"Naturopathy," or the nature cure, embraces all rational methods of aiding nature to eliminate disease from the system, such as diet, exercise, rest, hydropathy, spinal manipulation, electricity, mental suggestion, etc.

## THEY KNOW HOW

### TO FEED CHILDREN AND GET GOOD RESULTS

There are more nervous persons made so by undigested food lying in the stomach than the average individual would suppose.

If food remains undigested in the stomach, it begins to ferment, set up gas and a large portion is thus converted into poison.

That's why imperfectly digested food may, and often does cause irritation of the nerves and stupor of the mind—brain and nerves are really poisoned.

"My daughter had complained for some time of a distressed feeling in the stomach, after eating, which set me thinking that her diet was not right," writes an anxious and intelligent mother.

"She had been fond of cereals, but had never tried Grape-Nuts. From reading the account of this predigested food, it seemed reasonable to try Grape-Nuts for her case.

"The results were really wonderful. The little brain that seemed at times unable to do its work, took on new life and vigor. Every morning, now, before going to school, she eats the crisp little morsels and is now completely and entirely well, she seems to have a new lease on life—no more distress in the stomach, nor headache, but sound and well everywhere." Name given by Postum Co., Battle Creek, Mich. Read the book, "The Road to Wellville," in pkgs. "There's a Reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

Below, N. Y. C. ....	1.00
California .....	10.00
Shippert, N. Y. C. ....	2.00
Carter, Parrott, Ga. ....	1.00
Walder, Hazel, Ia. ....	1.00
received in answer to our March issue:	
Sellenthen, Hamilton, Mont. ....	\$1.00
C. Burkemeyer, Asheville, N. C. ....	1.00
Mosor, Miles City, Mont. ....	1.00
Weyprecht, Brooklyn, N. Y. ....	1.00
Kiese, La Crosse, Wis. ....	3.00
Klawitter, La Crosse, Wis. ....	1.00
Klawitter, La Crosse, Wis. ....	1.00
Ehlert, Chicago, Ill. ....	1.00

\* \* \* \$32.50

With this current issue we bring for the first time the German section *Der Naturopath und Gesundheitsratgeber*. The 16 pages here used for the German readers will be now on also devoted to English articles. Our German readers who have been keeping the magazine on account of the German department should send us a postal card that they only read German and we will send them *Hausdoktor* instead. *Der Hausdoktor* is a very fine magazine for our German readers. It will be enlarged in the near future and it caters principally to the German sentiment and to the advanced ideas of the German readers in regard to rational healing and living. It is a broad magazine that has no axe to grind with anybody and is published in the interest of the common good, for social and individual welfare, for regeneration of mankind, in fact, the trinity of man as embodied in body, mind and soul.

We hope that our German friends will all be kind enough to inform us if they wish the German magazine. However, with this issue, the German department says "good-bye." I am sure many liked this department, as in many families some read German and the magazine had a larger field of usefulness than many imagined. We have been receiving so many letters from English readers that they don't want the "Dutch" section and a good many of these letters showed prejudice and narrowmindedness pure and simple, as they cannot see the point that the German language is as good a language as English, and that the German readers did a good deal in supporting this magazine, in fact, the English edition is only the daughter of our old German magazine and I don't think it behooves the children to speak disrespectful of their parents. On the other hand, we are glad that we have more space to publish the numerous articles which are sent in from contributors. Therefore, once more "Auf Wiedersehen" to the German readers, and the editor thanks very much all those who have supported this department and is especially glad to have received so many encouraging and sympathetic letters through the German Department.



The bill licensing naturopathy reads: "And all other systems and methods of treating the sick and afflicted in California." This includes all legitimate schools of healing not now specifically legalized.

The naturopaths believe in a four-years' course. We believe the Governor, not the medical trust, should dictate the requirements of medical colleges. Every eclectic college, except one in Cincinnati, is now classed as "C," debarring students from taking examinations before the state board, a gross, unreasonable, and unjust discrimination.

We also believe in reasonable reciprocity in medical practice between California and states having an equal or higher standard. We believe each practitioner should be responsible to his association for his conduct, and that association represented upon the state board.

In conclusion we suggest that the first biennial report of the State Board of Control proves conclusively that there is need for an overhauling of the State Medical Board as at present constituted.

The naturopaths have drafted a medical bill (Assembly Bill No. 731) entirely revising the present situation which was presented January 24th, by Senator Henry H. Lyon and Assemblyman Egbert J. Gates carrying the best solution for equal representation to all schools of the healing art including a reciprocity clause with power to issue certificates entirely optional with the State Board of Medical Examiners. This bill will probably be the compromise out of all the medical bills introduced.

Your support of the bill or bills placing the Naturopathic School on equal footing with all other legalized schools is a just demand and earnest request of our membership.

Very truly yours,

ASSOCIATION OF NATUROPATHS OF CALIFORNIA.

GEO. B. ABBOTT, Secretary.

## A PHYSICIAN TO DR. OTTO SCHOLZ

The physician who addresses the following letter to Dr. Scholz is an absolute stranger to the latter, which demonstrates that the conscience of the average and honest member of the medical fraternity rebels against the tactics and outrages perpetrated by the New York Medical Society.

DR. OTTO SCHOLZ, CHIROPRACTOR,  
142-46 East 27th St., New York City.

My Dear Sir: It was with deep regret that I learned of your having been prosecuted by the County Medical Society of the state of New York, which prosecution I regard as a sort of persecution. The danger in disregarding the lesson which the county society sought to teach you is that you may be subjected to a far greater degree of annoyance and possibly sent to jail. The County Medical So-

ciety of New York are exceedingly ant of the special privileges which joy being disturbed by any one who to alleviate human sufferings by met- trary to those universally accepted correct method; namely, the drug

The state of Pennsylvania, where tise, has many persons who are practising chiropractic, hydrotherapy, pathy, neuropathy, etc., none of whom license and have never applied for one. is no one qualified to give a license to who have applied and yet they are turbed by the County Medical Society of County of Philadelphia.

I write to inform you of this as Philadelphia seems to be a place at the present where a chiropractor can pursue his sional work, thereby being of great benefit to humanity and incidentally making a reasonable living for himself. Come to Philadelphia and practise in peace.

Most respectfully yours,

ALFRED WALTON, M. D.

From San Antonio, Texas, we receive following lines. Needless to criticise they speak for themselves in burning

Dear Doctor Lust: We again send report of the doings of the American Association in the state of Texas, especially San Antonio which is the hotbed of this endless gigantic trust, W. N. Norwood, of the Norwood Institute, which has achieved the fame throughout the country, has received a blow from this heartless monster; also White, of the French laboratory in San Antonio. Both have appealed the cases.

The grafters and knife wielders of the slaughter pens of the city are the leaders and agents of the medical trust, who are persecuting good citizens for services rendered to an approving public. Mr. Norwood was allowed to produce any testimonials of many patients who were cured at his institution, notwithstanding it is an incorporated and chartered establishment. In short it was a regular built scheme to put Dr. White out of business. (Star chamber method!)

Has the time come when the bloody tyrants in all lines of business are masters of the situation. Men of thought and progress who can do something for the world, suffering humanity, are now being persecuted and persecuted and driven from the field of action so that the professional medical grafters and scheming politicians may have a gigantic graft, our government is a mere chess board on which the political and medical grafters play the game and skin the people.

Respectfully, J. T. ROBINSON, M. D.

The Florida Beacon, Ruskin, Fla., a weekly paper especially for those who desire to make Florida a home and who will find valuable hints in the same.

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The Association of Naturopathic Physicians of California has been very busy this season to get a bill through the California Legislature for a separate Naturopathic Board of Examiners. Although naturopathy is legalized in California since 1907, the conditions are not satisfactory. How can drugless practitioners expect fair treatment from a board that is hostile and cannot see the good in any other school or in any other practitioner? If the naturopaths will not get the legislation to which they are entitled and what they demand by constitutional right in the way of a separate board, they will have the matter taken up through referendum and placed before the people of the State to decide. Other sections of our National Society can learn from the California Association. This is the only way to go about it—a separate board of examiners. How can regular physicians issue licenses for drugless practitioners when they know nothing about this science? Naturopathy is a greater and far better science than the old school medicine. Naturopathy has the better argument, has something for the public that is good and practical in the way of prevention and cure of disease. The time has passed where drugless practitioners will make such concessions as going on the same board.

The osteopaths who are entitled to register in the State of New Jersey under the new law that went into effect on April 2d should write for their application blank and send same in before July 2d, as after that time no more registration is possible without examination. More about this New Jersey law will be published in the near future.

The Association of Naturopathic Physicians of Pennsylvania has also a bill going. We have, however, not as yet heard the final results. The naturopathic movement is gaining more and more strength in Pennsylvania, and Pittsburgh seems to be quite alive just at this moment, judging from some literature we have seen recently in regard to a Naturopathic University (?), etc.

The Association of Drugless Practitioners of the State of Minnesota has changed the name of their association to the Minnesota State Naturopathic Association. A bill was also in the Legislature this winter, and it was defeated on account of the large number of regular medical men who were senators and assemblymen. The new election of officers also took place, and Dr. Lindgren was re-elected president and Dr. O. W. Westlund vice-president and Dr. Ballard secretary. There is no doubt that next winter also their bill will pass. Minnesota has a strong pressure on the people to vote for men who are not prejudiced and who will not discriminate in making laws.

A good many of our readers have writing recently and wanted to know how I became of my great lawsuit with the sleuth of the medical society, Francis zigelaus, and in answer to all of their inquiries I want to inform them that I came up about six times in court before Justice Harris and finally a case was made out of it and held for the grand jury under of \$1,000. This is exactly what we want and in one way we are glad that our case is held, because now we have a fine opportunity to get even with the medical trust and have a jury decide whether the people of New York and the drugless practitioners will have to stand such treatment as they have been receiving in the past. We are collecting material from more than twenty-five cases where this woman who said on the witness stand that "she never said a lie in her life" committed perjury. Not in one case did she tell the truth. She even admitted on cross-examination in the preliminary trial of this case that she intentionally lies; also another detective of the medical clique said the same thing. This in itself is sufficient proof to any jury what kind of work these people are doing and how much trust can be put in their testimony. We will teach these people now a lesson once and for all. We are well prepared in this case. We have plenty of moral and legal support and we have also money to fight with. Money has been offered to the editor in this case, where he never expected it, to carry on this fight to a finish. There is a little more involved in this case than "criminal libel" or exposing this woman detective. The principles of the right of assistance and practice of drugless healing are at stake, and we will fight this affair with the whole question is fully ventilated. I hope with express my sincere thanks to all the many readers who have written letters of sympathy and encouragement, and I also want to express my thanks to the men and women who subscribed for a fund at the last meeting of the mechanotherapists. I have never asked a cent for myself, and in carrying on this fight I do not ask for money for myself; I am well able to take care of myself, but this case is not my case; it is the case of every drugless practitioner, the case of every victim and citizen of this State. It is the case of the public at large, to settle the question once and for all whether we have any constitutional rights or not to follow our vocation and do good. The jury who will try this case will have to try it as their own case. I have not committed criminal libel; I have only published the truth about this infernal work about this particular woman detective who has committed perjury and has done it in such a way that she is not within the law and has not acted as an honest detective.

All nature-cure practitioners in New York who were arrested on the charge of practicing medicine without a license will please contact with me or with my lawyer, Mr. Wirth, 233 Broadway, New York City.

say to the people of New York  
practitioners are also human b  
right to ask the State for prot  
unjust persecution and also fo  
conduct a legal business for an l  
As long as a bath is a crime  
establishment when this woman  
so long we will not stop, and  
ing their "mean and dirty v  
persecution cannot stand any l  
it not be tolerated any longer l  
of New York and in particul  
ple the editor represents throug  
me, and societies as president o  
pathic Federation of America.  
number of incidents in connection  
arings in the different courts of  
have also happened, some part  
ations of some of the officers o  
Society which I will publish a  
on. They are quite serious and  
g. Our readers shall have the l

any case very likely will not con-  
sider in the summer or next Oc-  
tober we need more funds for legis-  
lation. We ask our readers to contribute  
to this fund. Without money we can-  
not fight to a finish. We will not  
know the results may be. We war-  
rant settled once and for all what  
when taken by a sleuth of the m-  
ay on her own hook constitutes a  
crime whether a man or woman who prepares  
a bath or whether the proprietor of a ba-  
thhouse is a criminal. We want to  
know here a bath is not a crime, the  
woman nurse who prepares a bath is  
not a criminal, but when this woman sleuth of  
the Social Society comes and takes a bath  
on her own hook, then a crime is committed.  
Who is the criminal? As long as a bath  
is a crime, other drugless application, such as  
massage, movements, exercise, vibration or  
any other natural treatment is construed  
as a crime by the servants of this trust, so  
we will keep up the fight and we ask  
our readers to help us. I myself cannot do  
it all alone. I need your co-operation  
for moral and financial assistance, and  
I assure you of a great victory in the  
future, not only in this particular case, but  
in all other actions which are being taken  
by the Legislature and the Senate.

In some of the States we have some legislative committees that have great work and who deserve the credit and appreciation of every drugless practitioner of the public at large and every one whose rights they have been working for those cause they represent.

In the State of Florida, in the State of Pennsylvania and a few other States the Homeopathic Society has succeeded in killing a number of medical bills that were directed against drugless practitioners.

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## ANOTHER REMARKABLE OPERATION

It is with no surprise—only disgust—that we learn that the Medical Association has asked the city for an additional appropriation of \$116,000 to be devoted to the medical inspection of school children. Yes, the Ancient and Honorable Order of Butinskys, these King Pins of the Universal Society of Busybodies, have decided that the mild and lamblike people of our city should reach way down in their clothes and haul up \$116,000 in order that the spectacled and wise looking M. D.'s (we don't remember whether M. D. stands for Mixed Drinks or Much Dope, but it doesn't matter) may be enabled to "inspect" your children in the public schools so as to force you to patronize them whether you want to or not. The fact that their services are uncalled for, unnecessary and undesired makes no difference to the doctors. Not in the least. Naturally being men of "science" they take the "scientific" view of the case that they must live and the people must pay their expenses whether the people and their children live or not. If a few thousand children, more or less, die as a result of vaccination poisoning and unnecessary operations and a few thousand more have their health permanently ruined from poisonous drugs and filthy serums, that is a mere trifle; the Brotherhood of the Bloody Knife and Poison Pill must get money somehow. Otherwise, they may starve, which would be horrible to contemplate. Don't you just hate to think of it? You must appreciate this point before you can become a "cheerful giver" in this case.

Doctors, you know, are strong on Diagnosis, especially when they diagnose the case of Mr. American Public whom they have decided is suffering from a virulent attack of Enlightened Thought. One of the symptoms is that the patient has got the horrible notion into his head that the doctors are more or less fakes. Quick; hand me that knife! An operation is necessary immediately. The operation they have decided on consists in cutting out a liberal portion of a gland on the inner side of the pants pocket vulgarly known as the Purse. The profits derived from this operation are to be devoted to the medical inspection of school children.

It works this way. The doctor goes to the school, examines, or pretends to examine your child and then writes on his card, "You must have these tonsils cut out," or, "These adenoids must be removed." Of course to have this done you will have to go to a doctor who, after butchering your child in the latest and most approved manner, will cheerfully pass a bill for an exorbitant figure which you, of course, will pay with equal cheerfulness and alacrity.

That is, it will work this way unless the people rise up and treat the Medical Trust to a vigorous massage with the toe of the boot about the shoulders of the pants, proclaiming their right to Medical Freedom to which they are just as much entitled as they are to religious freedom.

## ASSOCIATION OF NATUROPATHS OF CALIFORNIA

The annual meeting of the Association of Naturopaths of California was held October 11, 1913, resulting in the following elected officers for the ensuing year:

President, Dr. Carl Schultz; secretary, Dr. August Greth; treasurer, Dr. Henry Gross; financial secretary, Dr. Peter Olson; first vice-president, Dr. Frank L. Wilson; second vice-president, Dr. F. W. Binford; third vice-president, Dr. Chas. I. White; fourth vice-president, Dr. Harry D. Reynard; fifth vice-president, Dr. A. O. Lindstrom; sixth vice-president, Dr. Margaret Goetler.

A committee was appointed to find ways and means for handling new members and outside members.

Resolutions were sent to the Governor protesting that no representative from the Naturopathic School was appointed upon the State Medical Board.

There were many subjects discussed at length and a liberal exchange of views regarding the necessary steps to be taken to build up the association. All present seemed to realize the importance of standing together and taking up new ideas regarding methods of providing for the membership and financing a "Protective Fund," and the needs of boosting for Naturopathy and the association and to prevail upon delinquent members to pay up and become in good standing in view of the mutual benefit and the great necessity of standing together for the conditions arising.

There was one hundred dollars voluntarily subscribed for the "Protective Fund" and the board is anxiously awaiting contributions from the other members.

A vote of thanks was tendered to Dr. Abbott, retiring secretary, for the good and efficient services rendered by him while in office.

Dr. Schultz read a most instructive paper upon Hydrotherapy in which the meeting took extreme interest and proposed a vote of thanks for his earnestness and labor in preparing the same.

## THE QUESTION BOX

On account of many important matters in this issue, we were unable to procure space for The Question Box, which will appear in our next issue.